



## Student Counselling Service

### Motivation - A Short Guide

Feel that you have lost your motivation for your study? Loved it once, but wonder where that enthusiasm for your subject has gone? The good news is you can get it back.

**An all-round sharpening up is needed to engage your mind again.**

- If you are facing what seems a vast general body of information to work on, start by choosing a small, interesting corner of it. Get to grips with this and feel your interest and curiosity returning.
- Read with a question in mind. Think of a question you want the reading to answer.
- Is there something you don't understand? Lack of clarity and aspects of our subject we don't understand lower our mood and confidence: clarity energises us. Who can help you to get clarity? Tutor, friend, Internet. Make this your priority.
- Do you need more feedback? Who can give it? Write an agenda before you meet your tutor: keep business-like, specific, sharp. Get in control of your studies.
- Make specific, not vague study goals. The sharper they are, the more motivating, and you will see that you are progressing. Achievable progress markers are vital for motivation. A ladder of small goals is fine.
- Boost your health and exercise, take time for things you enjoy: there will be positive spin-offs for your appetite for study.
- Reasons for doing something change along the way. It's important to find a reason to carry on with studies so we can give them our best effort. It could be to do with enjoying the subject or honouring all that we have already invested in it, or the satisfaction of completion, or as a bridge to what we want in the future. It helps to keep our reasons closely in mind, to boost our motivation if it weakens.

**Study Strategy Sessions:** Student Counselling Service, every Wednesday 12.30 - 1.20. Book your place at reception or at [www.bristol.ac.uk/student-counselling](http://www.bristol.ac.uk/student-counselling).